

A Matter of Balance

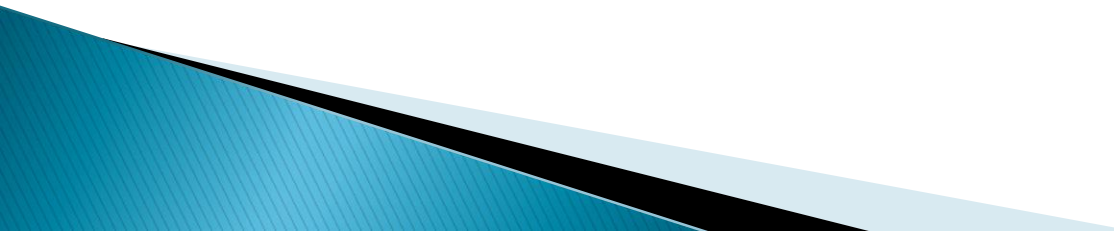
Managing Concerns About Falls

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Managing Concerns About Falls

- ▶ Up to 30% of community dwelling adults fall each year
- ▶ About 20% of falls cause physical injury

What do we know about falls?

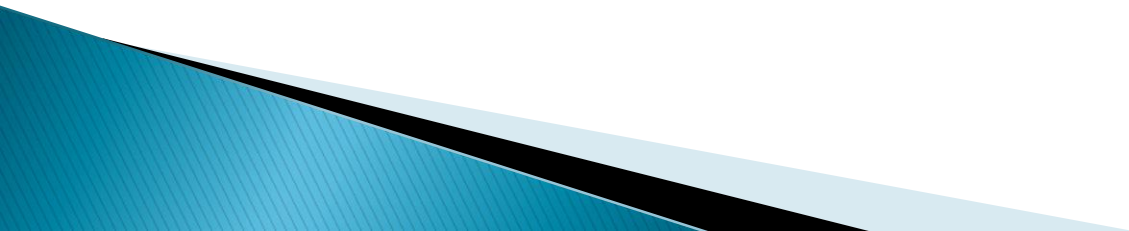
- ▶ 1 / 2 to 2 / 3 of falls occur around the home
 - ▶ A majority of falls occur during routine activities
 - ▶ Falls usually aren't caused by just one issue. It's a combination of things coming together.
 - ▶ A large portion of falls are preventable!
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What do we know about falls?

Falls are :

- ▶ Common
- ▶ Predictable
- ▶ Preventable

Falls are not a natural part of aging!



What do we know about fear of falling

- ▶ It is reasonable to be concerned about falls
 - safety is important
- ▶ 1 / 3 to 1 / 2 of older adults acknowledge fear of falling
- ▶ Fear of falling is associated with:
 - *decreased satisfaction with life*
 - *increased weakness*
 - *depression*
 - *decreased mobility and social activity*
- ▶ Fear of falling is a risk factor for falls

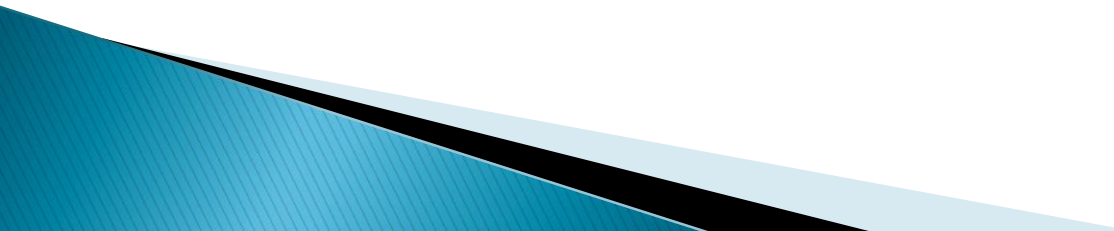
What is A Matter of Balance?

A Matter of Balance is a program:

- ▶ based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University
- ▶ designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls

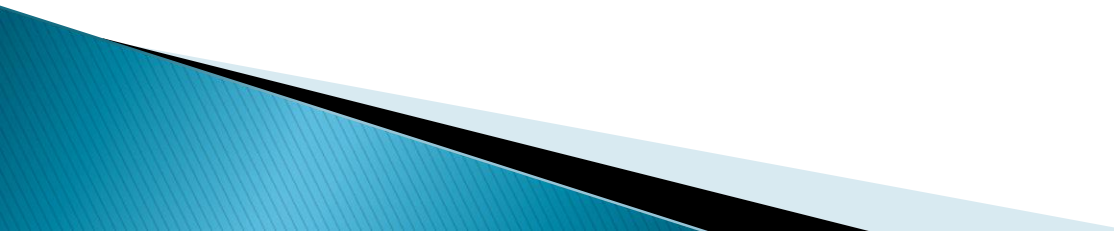
A Matter of Balance: Managing Concerns About Falls

During 8 two-hour classes, participants learn:

- To view falls and fear of falling as controllable
 - To set realistic goals for increasing activity
 - To change their environment to reduce fall risk factors
 - To promote exercise to increase strength and balance
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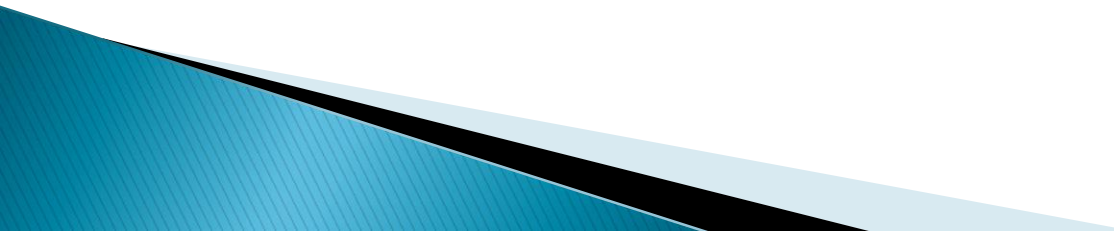
A Matter of Balance: Managing Concerns About Falls

What Happens During Classes?

- ▶ *Group discussion*
 - ▶ *Problem-solving*
 - ▶ *Skill building*
 - ▶ *Assertiveness training*
 - ▶ *Exercise training*
 - ▶ *Videos*
 - ▶ *Sharing practical solutions*
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Who could benefit from A Matter of Balance

Anyone who:

- is concerned about falls
 - has sustained a fall in the past
 - restricts activities because of concerns about falling
 - is interested in improving flexibility, balance and strength
 - is age 60 or older, ambulatory and able to problem-solve.
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A Matter of Balance Outcomes

Participant Outcomes

- 97 % – more comfortable talking about fear of falling
- 97 % – feel comfortable increasing activity
- 99 % – plan to continue exercising
- 98 %– would recommend A Matter of Balance

* % who agree to strongly agree

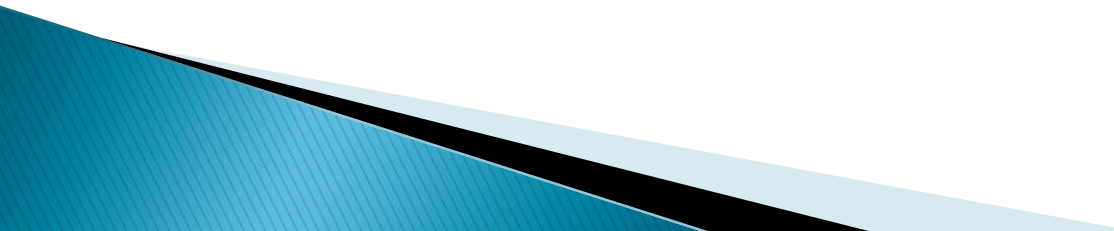
Comments:

I am more aware of my surroundings. I take time to do things and don't hurry.

I have begun to exercise and am looking forward to a walking program.

I have more pep in not being afraid.

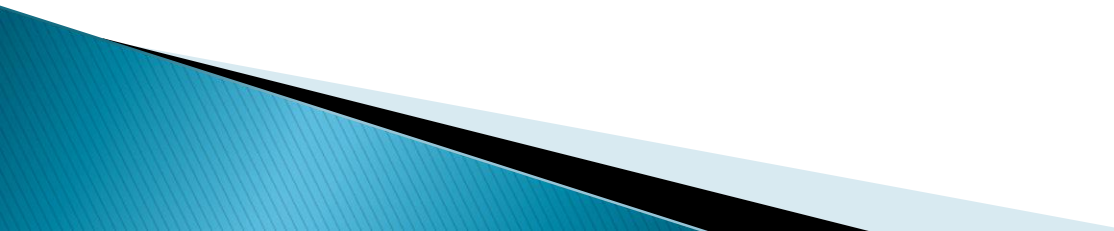
Participants Report:

- ▶ Increased confidence in taking a walk, climbing stairs, carry bundles without falling
 - ▶ More confidence that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall
 - ▶ An increase in the amount they exercise on a regular basis
 - ▶ Fewer falls after taking MOB
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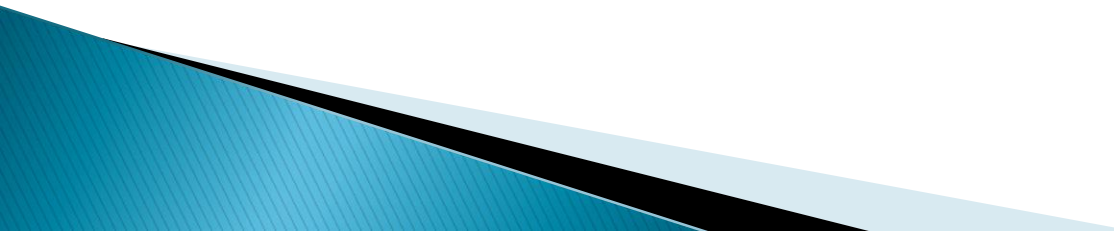
A Matter of Balance Coach

- ▶ Talks with the MOB Coordinator
- ▶ Completes an application
- ▶ Attends the eight hour training and earn MOB certification
- ▶ Agrees to coach two MOB classes within one year of certification

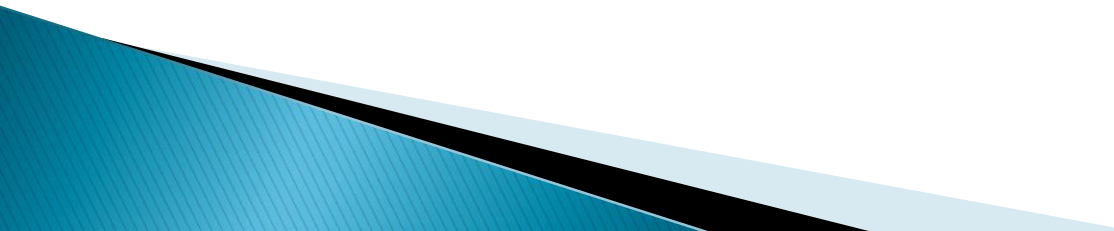
Recommended:

- Observe one MOB class prior to coaching
 - Attend team meetings
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Role of the coach

- ▶ Review the Matter of Balance session and select the activities for the day
 - ▶ Arrive early to get organized
 - ▶ Share the day's goals
 - ▶ Encourage lots of discussion & problem-solving
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Role of the Coach

- ▶ Lead the exercises
 - ▶ Connect with each participant
 - ▶ Review what has been learned and set the stage for the next session.
 - ▶ Have fun !
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How to locate an upcoming class

- ▶ Please go to the Iowa Department on Aging's website to see if any classes are coming up in your area.
- ▶ <https://www.iowaaging.gov/matter-balance-workshops>

Contact Information

- ▶ Please contact Melissa Adams with any questions or contact your local Area Agency on Aging for more information in your area.
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